

I claim:

1. A method for preventing, treating or ameliorating inflammation in an individual in need thereof which is comprised of administering orally an effective amount of (-)-hydroxycitric acid.
2. The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of the free acid or its lactone.
3. The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of the alkali metal salts potassium or sodium (-)-hydroxycitrate.
4. The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (-)-hydroxycitrate.
5. The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (-)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (-)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (-)-hydroxycitric acid.
6. The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.